



Lectio Divina is a dynamic way of reading the Scriptures that has been around since AD 300. It follows a four-step approach of:

Reading Meditation Prayer Contemplation

Lectio Divina invites you to savour and mull over God's words quietly, slowly and intently. It gives you the space to respond to what you feel God is saying and helps you build a vital bridge between your encounters with God and everyday life with its joys, humdrum and challenges.

Lectio Divina (Latin for Divine / Sacred Reading) is an ancient spiritual practice from the Christian monastic tradition that allows us to experience the presence of God through reading and listening, prayer, meditation and contemplation. It is a simple, easily learned spiritual practice to slow life down and allow God to speak clearly through His Word into life.

Start with prayer: Take time at the beginning to be silent, to prepare to meet with and hear from God.

Reading: Read through the text slowly and repeatedly. As you read, pay attention to a word, phrase or idea that catches your attention.

Meditation: Begin to meditate on the word, phrase or idea that has captured your attention. Repeat it again and again. Consider what thoughts come to mind as you meditate on this word, phrase or idea. What does it remind you of? What does it make you hope for? Don't worry when random thoughts enter your head. As they come, offer them to God.

Prayer: Pray to God. Tell God what word, phrase or idea captured your attention and what came to mind as you meditated upon it. How is God using this word, phrase or idea to bless and transform you? Tell God what you have been thinking and feeling as you've listened and meditated. Tell God how you hope he will use this word, phrase or idea to change your heart to be more like his.

Contemplation: Finish by focusing your attention on the fact that God is present with you. Be still before God and invite him in. Few words, if any, are necessary here. Enjoy time in his presence. Just be with him and let him love you and refresh your soul.



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www.kelsocountrychurches.org.uk

Bible reading plan for three years

Reading the Bible is such an important part of what we do as Christians and it is good to get into the practice of reading it daily and also of working through the whole Bible. There are different ways of doing this but following the readings in this booklet would mean reading through the bible in three years.

One approach is to do this as a study exercise, like you used to do in English while at school. It may help to have a notebook or paper of some kind to write things down as you read the passage. This may be thoughts as to what the passage means, questions about it or even prayers that you are making in response to what you read. As you read and write and ask questions the Spirit will speak and help you to understand. (Check out Lectio Divina on the back page of this booklet from which this way of study has come.) You need to find the way that is best for you. Some people find just reading the most helpful.

Questions to keep in mind as you read – What does this mean?

How do I apply this in my own life as a disciple?

It can help to begin by lighting a candle, listening to some Christian music and having a short prayer or time of silence.

It's also good to read and pray in the same place each day if that's possible.

For some it's also good to do it at the same time each day but that's not always possible.

We read and study the bible as this is the place in which we encounter the



Living Word. This is the place where we come close to God and through which God speaks to us by means of His Spirit. It is through reading the bible that we encounter God and come to know His will for us in our daily lives. That is why we pray asking God to open our minds and teach us all things through His Spirit as Jesus promised would take place.

'The Helper, the Holy Spirit, whom the Father will send in my name, will teach you everything and make you remember all that I have told you.'

John 14.26

Go here if you want the bible read for you and choose a translation

<https://www.biblestudytools.com/audio-bible/>

There are many aids that can help us in our study, below I have listed two that can be found online. The commentaries of William Barclay are particularly helpful.

<http://www.biblestudytools.com/gnt/>

<http://www.dannychesnut.com/Bible/WilliamBarclay.htm>

Or look for a bible app on your smartphone or tablet

<https://www.youversion.com/the-bible-app/>

Starting with Genesis 1 and then following on each day reading the next section listed will take you completely through the Bible in three years, alternating between the Old Testament and New Testament.

GENESIS 1 2 3 4 5 6 7 8 9 10+11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50

MATTHEW 1 2 3 4 5 6 7 8 9

EXODUS 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40

HOSEA 1 2+3 4 5 6+7 8 9 10 11+12 13+14

JOEL 1 2 3

AMOS 1 2 3 4 5 6 7 8 9

OBADIAH

1 JOHN 1 2 3 4 5

JONAH 1+2 3+4

2 & 3 JOHN

MICAH 1 2 3 4 5 6 7

NAHUM 1 2 3

JUDE

HABAKKUK 1 2 3

ZEPHANIAH 1 2 3

REVELATION 1 2 3 4+5 6 7

HAGGAI 1 2

REVELATION 8 9 10+11 12 13 14

ZECHARIAH 1 2 3 4 5 6 7 8 9 10 11 12+13 14

MALACHI 1 2 3+4

REVELATION 15+16 17 18 19 20 21 22

ECCLESIASTES 1 2 3 4 5 6 7 8 9 10 11 12

SONG OF SONGS 1 2 3 4 5 6 7 8

2 TIMOTHY 1 2 3 4

ISAIAH 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19-20 21
22 23 24 25 26 27 28 29 30 31 32 33 34 35 36

TITUS 1 2+3

ISAIAH 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53
54 55 56 57 58 59 60 61 62 63 64 65 66

PHILEMON

JEREMIAH 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26 27

HEBREWS 1 2 3 4 5 6 7

JEREMIAH 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43
44+45 46 47 48 49 50 51 52

HEBREWS 8 9 10 11 12 13

LAMENTATIONS 1 2 3 4 5

EZEKIEL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24

JAMES 1 2 3 4+5

EZEKIEL 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48

1 PETER 1 2 3 4+5

DANIEL 1 2 3 4 5 6 7 8 9 10 11 12 **PETER** 1 2 3

MATTHEW 10 11 12 13 14 15 16 17 18 19 20

LEVITICUS 1 2 3 4 5 6 7 8 9 10 11 12 13 14

MATTHEW 21 22 23 24 25 26 27 28

LEVITICUS 15 16 17 18 19 20 21 22 23 24 25 26 27

MARK 1 2 3 4 5 6 7 8

NUMBERS 1-2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36

MARK 9 10 11 12 13 14 15 16

DEUTERONOMY 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

LUKE 1 2 3 4 5 6 7 8

DEUTERONOMY 18 19 20 21 22 23 24 25 26 27 28 29 30 31
32 33 34

LUKE 9 10 11 12 13 14 15 16

JOSHUA 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24

LUKE 17 18 19 20 21 22 23 24

JUDGES 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21

JOHN 1 2 3 4 5 6 7

RUTH 1 2 3 4

1 SAMUEL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

JOHN 8 9 10 11 12 13 14

1 SAMUEL 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

JOHN 15 16 17 18 19 20 21

2 SAMUEL 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24

ACTS 1 2 3 4 5 6 7

1 KINGS 1 2 3 4 5 6 7 8 9 10 11

ACTS 8 9 10 11 12 13 14

1 KINGS 12 13 14 15 16 17 18 19 20 21 22

ACTS 15 16 17 18 19 20 21

2 KINGS 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20
21 22 23 24 25

ACTS 22 23 24 25 26 27 28

1 CHRONICLES 1 2 3 4 5 6 7 8 9 10 11 12 13 14

ROMANS 1 2 3 4 5 6 7 8

1 CHRONICLES 15 16 17 18 19 20 21 22 23-27 28 29

ROMANS 9 10 11 12 13 14 15 16

2 CHRONICLES 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16+17
18

1 CORINTHIANS 1 2 3 4 5 6 7 8+9

2 CHRONICLES 19 20 21 22 23 24 25 26+27 28 29 30 31 32
33 34 35 36

1 CORINTHIANS 10 11 12 13 14 15 16

EZRA 1-2 3 4 5 6 7 8 9 10

NEHEMIAH 1 2-3 4 5 6 7 8 9 10 11 12 13

2 CORINTHIANS 1 2-3 4 5 6 7 8-9 10 11 12+13

ESTHER 1 2 3 4 5 6 7 8 9+10

JOB 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

GALATIANS 1 2 3 4 5+6

JOB 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39
40 41 42

EPHESIANS 1 2 3 4 5 6

PSALMS 1-2 3-4 5 6 7 8 9 10 11-12 13-14 15-16 17 18 19 20-21
22 23-24 25 26 27 28-29 30 31 32 33 34 35 36 37 38 39 40

PHILIPPIANS 1 2 3 4

PSALMS 41 42 43 44 45 46+47 48 49 50 51 52 53 54 55 56
57 58 59 60+61 62 63+64 65 66 67 68 69 70 71 72 73 74 75
76 77 78 79 80

COLOSSIANS 1 2 3 4

PSALMS 81 82 83 84 85 86 87 88 89 90 91 92+93 94 95 96
97 98+99 100+101 102 103 104 105 106 107 108 109 110+111 112
113 114 115 116+117 118 119:1-48 119:49-96 119:97-144,
119:145-176, 120+121

1 THESSALONIANS 1+2 3+4 5

PSALMS 122+123 124+125 126to128 129+130 131+132 133+134
135 136 137+138 139 140 141+142 143 144 145 146 147 148
149+150

2 THESSALONIANS 1+2 3

PROVERBS 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26 27 28 29 30 31

1 TIMOTHY 1+2 3+4 5 6